



MAY

NEW(S) HORIZON

2017

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:

HEALTH AND SAFETY

FLU CLINIC
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
SHELTER AT HOME
TRIAD
WALPOLE VNA NURSING

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEY
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE REFERRALS
HESSCO LUNCH
MEDICAL RIDES
NEWSLETTER
SENIOR TAX WORK OFF
SHINE
THE RIDE
WELL BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM
Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

MAY TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
MONDAY 5/1, 5/8, 5/15, 5/22	Mindful Mondays	Join us Mondays to relax, recharge, refresh. Be present through meditation, adult coloring and many more activities.	2:00—3:00PM COA
MONDAY 5/1	Know the 10 Signs of Alzheimer's Disease	Learn the 10 warning signs of Alzheimer's, Alzheimer's Association. FREE	7:00PM Community Room Walpole Library
WEDNESDAY 5/3	Chair Volleyball	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
THURSDAY 5/4	Senior Men's Support Group (55+)	Discussion will focus on family relationships, spiritual and age related concerns.	9:00-10:30AM COA
THURSDAY 5/4	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
THURSDAY 5/4	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend in April. \$2.50 per person	Van leaves COA at 11:00AM
FRIDAY 5/5	Spring Safety Fair	Come learn about community senior service providers. Refreshments served.	11:00AM— 12:00PM COA
MONDAY 5/8	Patriot Place Trip	Come along to shop or dine . A day full of fun close to home. Registration Required	Van leaves COA 11:00AM
TUESDAY 5/9	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families	1:00—2:30PM United Church
WEDNESDAY 5/10	Coffee with Attorney J. DiPietro	Join us for coffee and to have your legal questions discussed.	11:00AM—12:00PM COA
WEDNESDAY 5/10	Marina Bay Trip	Enjoy restaurants, shopping or a walk along the boardwalk. Registration Required	Van leaves COA 11:30AM
THURSDAY 5/11	Walk –In Breakfast	Join us for a great home-cooked breakfast & wonderful company.	8:00—10:00AM COA—\$3.00 per person
THURSDAY 5/11	Veteran Coffee Hour	A coffee and conversation hour connecting military veterans .	10:00AM—11:00AM COA
THURSDAY 5/11	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00PM COA
FRIDAY 5/12	Castle Island Trip	The much anticipated return of spring welcomes a very requested trip. \$3.00 for parking fees. Registration Required	Van leaves COA at 11:00AM
FRIDAY 5/12	Smartphone Smarts Part II	Tri-County Vocational students provide individual tutoring on Smartphones and tablets.	11:15AM – 12:15PM COA
SATURDAY 5/13	Walpole Day	*WCOA sponsored Yard Sale Parade, Live Music, Kidz Zone, Food Court, Vendor Booths, Wacky Quacky Duck Race!	12:00 - 3:00PM Blackburn Hall & COA Volunteers Needed
MONDAY 5/15	Chair Volleyball	More fun than you can possibly stand—while seated! Come enjoy this fun-filled game.	11:00—12:00PM COA
MONDAY 5/15	TED TALK	Apollo Robbins "The Art of Misdirection" Hans Rosling "Global Population Growth, Box by Box" (one of the most watched TED talks)	1:00—2:00PM COA
MONDAY 5/15	Effective Communication Strategies	Effective Communication Strategies Alzheimer's Association FREE	7:00PM Community Room Walpole Library

MAY TRIPS & EVENTS *continued*

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
TUESDAY 5/16	America's Music Cities Vacation	Collette Travel presents an overview of a April 2018 trip with featured stops in New Orleans, Memphis & Nashville.	6:00—7:00PM COA Registration Requested
WEDNESDAY 5/17	TRIAD	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM —12:00PM COA
WEDNESDAY 5/17	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 8 participants.	8:30AM—2:00PM Van leaves COA at 8:30AM
WEDNESDAY 5/17	May Birthday Party	Is it your birthday this month? Celebrate your birthday with friend's at the COA. Cake generously donated by Harrington House.	2:00PM COA, Free
THURSDAY 5/18	Walpole Errand Day	The van will take you on errands around Walpole. Registration is required.	Times and locations participant dependent
THURSDAY 5/18	Quiche Breakfast	Join us for a tasty quiche breakfast. \$3 pp. Registration is required, limit 24 people.	9:30AM COA
MONDAY 5/22	Community Health Network	Learn about the Aging Services provides by Community Health Network Area 7.	9:30AM—11:30AM Walpole Public Library
MONDAY 5/22	Twin Rivers Trip	Twin River Casino with live table games, video slot machines, entertainment and dining.	Van leaves COA, 9:30AM Lincoln, Rhode Island
WEDNESDAY 5/24	Newport Playhouse & Cabaret	<i>Lunch with Mrs. Baskin...</i> enjoy a great buffet-- a wonderful play and a fun-filled cabaret. \$47.00 per person, Registration required.	Van leaves COA, 10:00AM Buffet: 11:30AM Curtain: 1:00PM
THURSDAY 5/25	Walk-In Breakfast	Join us for a great home-cooked breakfast & wonderful company	8:00—10:00AM COA—\$3.00 per person
THURSDAY 5/25	Memory Lane	Take a walk down Memory Lane, and view WCOA memorabilia from past events.	11:00AM—12:00PM COA
THURSDAY 5/25	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
FRIDAY 5/26	Healthy Eating & Tasting	Whole Foods hosts a Healthy Eating & Tasting session with Specialist Dawn Berthelette	11:15AM—12:15PM COA
WEDNESDAY 5/31	Market Basket	Join us to see how many amazing good deals we can find at the Market Basket.	Van leaves COA at 10:30AM
WEDNESDAY 5/31	Creative Corner	How about them BEADS! You can make a bracelet or necklace stringing beads together. We have the supplies. Limit 10 participants.	1:00—2:00PM COA

"You are never too old to set another goal or to dream a new dream..." C.S. Lewis

April showers bring ***May flowers*** and a host of beautiful blooms in spring. May is such a beautiful month, hopefully with the warmer weather you are getting outside and walking. Walking helps you do more, longer.

May 14th, Happy Mother's Day to all our mothers. Enjoy your day.

Laurel St. Pierre, Outreach Worker

Office Hours: Monday - Thursday, 9:00AM- 3:00PM



MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SIGN UP DAY 8:50AM ZUMBA 10:00AM Exercise 12:00PM HESSCO lunch Salisbury Steak 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindful Monday-Coloring 7:00PM 10 Signs of Alzheimer's (WPL)	2 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Stuffed Shells 1:30PM YOGA 4:00PM A Musical Interlude 	3 10:00AM Exercise Class 11:00PM Chair Volley 12:00PM HESSCO lunch Chicken Bruschetta 12:30 PM Pokeno	4 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM Yoga 11:00AM Chickie Flynn's Luncheon 12:00PM HESSCO lunch Hot Dog 1:15PM Bridge	5 9:00AM Zumba 10:00AM Wii Bowling 10:30AM Seekers Writing Club, Walpole Library 11:00AM Spring Safety Fair 12:00PM HESSCO lunch Catch of the Day 12:30PM Bingo
15 8:50AM ZUMBA 10:00AM Exercise 11:00AM Chair Volley 12:00PM HESSCO lunch Penne Pasta 1:00PM Dominos 1:00PM Ted Talk 1:30PM Mah Jongg 2:00PM Mindful Monday—Mandalas	16 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Beef Burgundy 1:30PM YOGA 4:00PM A Musical Interlude 6:00PM Music Cities Vacation Info Session	17 8:30AM Day of Beauty 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch Shepard's Pie 12:30PM Pokeno 2:00PM Monthly Birthday Party	18 Walpole Errand Day 8:30AM Bird Park Walking 9:30AM Quiche 10:30AM Yoga 12:00PM HESSCO lunch Chicken Piccata 1:15PM Bridge	19 9:00AM Zumba 10:00AM Wii Bowling 10:30AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Potato Pollack 12:30PM Bingo
29 MEMORIAL DAY  Center Closed	30 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Chicken Chow Mein 1:30PM YOGA 4:00PM A Musical Interlude	31 10:00AM Exercise Class 12:00PM HESSCO lunch Meatloaf 1:00PM Creative Corner—Beads	ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.	** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781-784-4944 at least 24 hours in advance. **

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and **PHONE** registration begins **Monday, May 1 at 8:30AM** .

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 8:50AM ZUMBA 10:00AM Exercise 11:00AM Patriot's Place Trip 12:00PM HESSCO lunch Grilled Chicken 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindful Monday—Buddha Boards	9 AM Stop & Shop 8:30 AM Bird Park Walking 12:00PM HESSCO lunch Greek Meatballs 1:00PM Memory Café' (United Church) 1:30PM YOGA 4:00PM A Musical Interlude	10 10:00AM Exercise 10:00AM Knitting & Crochet 11:00AM Coffee Q&A with J. DiPietro 11:30AM Marina Bay Trip 12:00PM HESSCO lunch French Meat Pie 12:30PM Pokeno	11 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:00AM Veteran Coffee Hour 10:30 YOGA 12:00PM HESSCO lunch Roast Pork 1:00PM Wheel of Fortune 1:15PM Bridge	12 9:00AM Zumba 10:00AM Wii Bowling 11:00AM Castle Island Trip 11:15AM Smartphone 12:00PM HESSCO lunch Chicken ALA King 12:30PM Bingo 
22 8:50AM ZUMBA 9:30AM Twin Rivers 10:00AM Exercise 12:00PM HESSCO lunch Chicken Sausage 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Meditation	23 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch Chicken 1:30PM Yoga 4:00PM A Musical Interlude	24 10:00AM Exercise 10:00AM Knitting & Crochet 10:00AM Newport Playhouse 12:00PM HESSCO lunch Egg Salad 12:30PM Pokeno	25 8:00-10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 11:00AM Memory Lane 12:00PM HESSCO lunch Roast Turkey 1:15PM Bridge 1:30PM COA Board	26 9:00AM Zumba 10:00AM Wii Bowling 11:15AM Healthy Eating and Tasting 12:00PM HESSCO lunch Cheeseburger 12:30PM Bingo



Newport Playhouse & Cabaret Restaurant....*Lunch with Mrs. Baskin*

Wednesday, May 24, 2017, Van leaves COA, 10:00AM

Buffet: 11:30AM, Curtain: 1:00PM

Our theatre is unique...enjoy a great buffet--a wonderful play and a fun-filled cabaret.

\$47.00 per person, Registration required



FROM THE DIRECTOR

"Among the changing months, May stands the contest. The sweetest, and in fairest colors dressed." (James Thomason) Plentiful flowers, the smell of sweet freshly trimmed grass, long days, breezy nights; May. Much like the spring, things are beginning to get moving for the season ahead. The vans are busy with trips out of town & the schedule is brimming over with education, self-care, and the exciting return of the Smartphone Smarts program with Tri-County. If your birthday falls in May, we hope to see you at the Center to celebrate with cake! We are still looking for Walpole Day volunteers, please help if you can! I hope to see you soon at the Center!

Kerri McManama, Director Walpole Council on Aging

CAROL'S CORNER

Are you a member of the 90+ club? Please be in touch to learn more about a simple luncheon with dessert we are planning in June to honor our 90+ year old seniors. This event might present opportunities for seniors to make new connections and perhaps new phone contacts. The day can be very lonely if there is no one around to talk to. Sometimes a hello on the phone is enough to bring a smile. Let's get this party started! **Peace, love and happiness... CAROL**



WALPOLE DAY FESTIVAL

Saturday, May 13th

12:00 - 3:00PM

**Stone Field @ Blackburn Hall
135 School Street, Walpole**

**WCOA sponsored Yard Sale*

Parade, Live Music, Kidz Zone, Food Court, Vendor Booths, Wacky Quacky Duck Race and much more!



Many people notice a decline in their memories in their 50's. Folks may fear Alzheimer's, especially if know someone affected by the disease. How can you tell if someone is affected by early dementia?

Difficulty word finding, name recognition and losing your train of thought are all aspects common with "normal" memory loss. Signs that could be of concern for early dementia include the inability to perform tasks that were once familiar (knitting, driving, cooking are examples), recurrent misplacing of items like keys or wallet- especially in odd places like the dishwasher or refrigerator and forgetting close friends/family names or birthdays.

If you have concerns about yourself or a loved one, make an appointment with your primary care doctor. In cases of true dementia, these tests set a baseline to help prepare for the future, to offer resources and support.

Stay healthy!

Leandra McLean RN, BSN, CEN, CCRN Public Health Nurse

Live.Life.Healthy

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Dolores Efthim, Chairman COA Board

This Newsletter is made possible,
in part, by a grant from the
Massachusetts Executive
Office of Elder Affairs and through the
generous support of
The Friends of Walpole Elders, Inc.



Friends of the Walpole

Elders, Inc.

P.O. Box 186

East Walpole, MA 02032

Non-Profit

US Postage

PAID

Framingham, MA

Permit #179

WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
provided daily for a \$3.00 donation.
Call for reservations or cancellations,
781-784-4944 at least 24 hours in
advance.

Public Health Nurse: blood
pressure screenings and health
information every Monday morning at
9:30AM*

Health Insurance Counseling: by
appointment only, Tuesdays and
Thursdays, 9:00AM—12:30PM

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM*Free.

Foot Care: Mondays by appointment
only, 9:00AM— 2:00PM, Cost is \$20.
Call (508) 668-3330.

*Times subject to change

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY "ARE YOU OK?"

(866) 900-RUOK (7865)

Receive a call daily to make sure you are up and OK!

POLICE (Non-emergency) 508-668-1212

FIRE DEPARTMENT (Non-emergency) 508-668-0260